



# ***WINTER SAFETY***



**ACCIDENTS CAN HAPPEN  
ANYWHERE AT ANY TIME**

# **WINTER SAFETY TOPICS**

- **SAFE DRIVING**
- **COLD WEATHER INJURY**
- **OUTDOOR SAFETY**
- **WELLNESS**
- **RISK MANAGEMENT**

# **“UNDER THE OAK TREE” SESSIONS**

**MUST** be held for all employees by all first line leaders and supervisors prior to long weekends and individuals going on leave.

# Privately Owned Vehicle Risk Management Tools

- ASMIS 2 Privately Owned Vehicle Risk Assessment

[http://www.per.hqusareur.army.mil/services/safetydivision/Winter%20Safety/campaign%2006%2007/Winter\\_OTE\\_Campaign.htm](http://www.per.hqusareur.army.mil/services/safetydivision/Winter%20Safety/campaign%2006%2007/Winter_OTE_Campaign.htm)

- USAREUR SAFETY WEBSITE

- [http://www.per.hqusareur.army.mil/services/safetydivision/winter\\_driving.htm](http://www.per.hqusareur.army.mil/services/safetydivision/winter_driving.htm)

- US ARMY COMBAT READINESS CENTER

- <https://crc.army.mil/home/>

# ***WINTERIZE YOUR VEHICLE***



**BATTERY**



**ANTIFREEZE**



**WIPERS &  
FLUID**



**IGNITION  
SYSTEM**



**THERMOSTAT**



**LIGHTS**



**ALL SEASON OR  
SNOW TIRES**



**HAZARD  
LIGHTS**



**EXHAUST  
SYSTEM**



**HEATER**



**BRAKES**



**DEFROSTER**

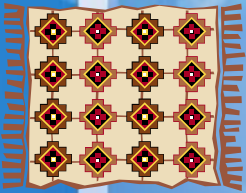


**OIL LEVEL**



# WINTER CAR KIT

- **SNOW BRUSH W/ SCRAPER**
- **FLASHLIGHT W/ BATTERIES**
- **BLANKET**
- **MITTENS, SOCKS & HAT**
- **SMALL SHOVEL**
- **SACK OF SAND OR KITTY LITTER**
- **JUMPER CABLES**
- **HAZARD SIGN, FLARES OR FLAG**
- **WINDSHIELD WASHER FLUID**
- **REFLECTIVE SAFETY VEST**





# ***WINTER DRIVING***

# **WINTER DRIVING**

## **SNOW**

- **SLOW DOWN - TRIPLE THE DISTANCE TO THE CAR AHEAD**
- **STAY IN PLOWED LANES**
- **TO SWITCH LANES - SLOW DOWN, SIGNAL, AND MOVE OVER SLOWLY**
- **STEER IN THE DIRECTION OF THE SKID**
- **DO NOT PUMP BRAKES - GENTLE PRESSURE ONLY**

# **WINTER DRIVING**

## **ICE**

- **DRIVE SLOWLY AND KEEP MORE SPACE BETWEEN YOU AND OTHER VEHICLES**
- **USE THE HIGHEST GEAR POSSIBLE TO KEEP THE WHEELS FROM SPINNING**
- **MANEUVER GENTLY AND AVOID HARSH BRAKING AND ACCELERATION**
- **TO BRAKE WITHOUT LOCKING THE WHEELS, DOWNSHIFT TO SLOW DOWN AND APPLY GENTLE PRESSURE TO THE BRAKES**
- **IN A SKID - EASE OFF THE GAS, AND TURN THE FRONT WHEELS TOWARD THE DIRECTION THAT THE REAR WHEELS ARE SKIDDING**

# **WINTER DRIVING**

- **ENSURE GOOD VISIBILITY**
- **CLEAR ICE AND SNOW OFF OF CAR WINDOWS**
- **REMOVE SNOW FROM ALL CAR SURFACES**
- **CLEAN YOUR HEADLIGHTS FREQUENTLY**
- **ENSURE YOUR WINDSHIELD WASHER RESERVOIR IS FILLED WITH A NONFREEZING CLEANING SOLUTION**

# **WINTER DRIVING FATIGUE**

- **BE WELL RESTED BEFORE TRAVELING - 7 TO 8 HOURS SLEEP**
- **WINTER ROAD AND WEATHER CONDITIONS INCREASE STRESS AND PRODUCE FATIGUE**
- **SIGNS OF FATIGUE: BACK TENSION, BURNING EYES, SHALLOW BREATHING, INATTENTIVENESS, AND ERRATIC DRIVING**
- **ALCOHOL CONSUMPTION INCREASES FATIGUE**
- **DON'T PUSH YOURSELF - IF YOU HAVE TO FORCE YOURSELF TO STAY AWAKE IT IS TIME TO FIND A PLACE TO REST**



***WEAR YOUR SEATBELT!***



**If you think  
this seat belt  
is too confining...**

**be prepared to  
strap on one of  
these alternatives.**



# ***DON'T DRINK AND DRIVE !!!***

- Designate a driver BEFORE you go out!
- Use the Designated Driver program at Army Clubs
- Set aside money for a Taxi at the beginning of the night and don't spend it.
- Call Armed Forces Against Drunk Driving at 0631-536-2233 or 489-AADD
- Watch out for your buddy, "Don't Walk By"

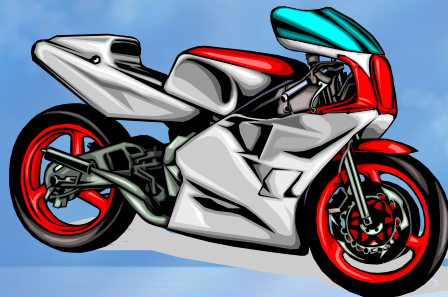


# WINTER DRIVING SUMMARY

- **ALLOW MORE TIME TO TRAVEL**
- **BE WELL RESTED BEFORE TRAVELING**
- **MAINTAIN MORE SPACE**
- **DRIVE WITH YOUR LIGHTS ON**
- **CLEAR SNOW AND ICE OFF YOUR VEHICLE**
- **WEAR SAFETY BELTS**
- **LOOK WELL AHEAD**
- **ANTICIPATE PROBLEMS**
- **IF BEHIND A PLOW - DON'T PASS**
- **WHEN BEHIND SANDERS - STAY BACK**

# **MOTORCYCLE SAFETY**

- **MOTORCYCLE SAFETY FOUNDATION CERTIFICATE REQUIRED TO RIDE IN USAREUR**
- **WEAR PROPER PROTECTIVE EQUIPMENT**
- **FOLLOW THE RULES OF THE ROAD AND WATCH YOUR SPEED!**
- **FOR MORE INFORMATION ON MOTORCYCLE SAFETY CONTACT THE USAGK SAFETY OFFICE AT DSN: 489-7227.**



# **WEATHER and ROAD INFORMATION**

***USAFE OPERATIONAL WEATHER SQUADRON  
LINK AT <http://ows.public.sembach.af.mil/>***

- **USAREUR-wide Road Conditions Information**
- **Road condition status on USAREUR's secure website:**

**<https://www.g3.hqusareur.army.mil/DIVISIONS/OPS/ASGCONDITIONS/>**

- **Road condition status on USAREUR's non-secure website:**

**<http://g3operations.hqusareur.army.mil/AsgConditions.asp>**

- ***AFN TV and RADIO***
- ***GERMAN RADIO AND TELEVISION***

**Green**

Normal driving for all vehicles.

**Amber**

Roads vary from mild to severe. Exercise caution. Possible snow of less than 4 inches, slush, packed snow, black ice, visibility 20-50 meters.

**Red**

Roads very hazardous. Use extreme caution. Possible snow of more than 4 inches, sheets of ice, drifting snow, visibility of less than 20 meters.

**Black**

Roads extremely dangerous. Possible snow of more than 8 inches, sheets of ice, visibility below 15 meters. Privately-owned vehicles should not be on the road.

# COLD WEATHER SAFETY



EQUIVALENT WIND CHILL INDEX													
COOLING POWER OF THE WIND EXPRESSED AS "EQUIVALENT CHILL TEMPERATURE"													
TEMP	C	10	4	-1	-7	-12	-18	-23	-29	-34	-40	-46	-51
WIND	F	50	40	30	20	10	0	-10	-20	-30	-40	-50	-60
KNOTS	MPH	EQUIVALENT CHILL TEMPERATURE (DEGREES C)											
CALM	CALM	10	4	-1	-7	-12	-18	-23	-29	-34	-40	-46	-51
3 to 6	5	9	3	-3	-9	-14	-21	-28	-35	-40	-46	-52	-58
7 to 10	10	4	-2	-9	-16	-23	-29	-35	-44	-51	-58	-65	-72
11 to 15	15	2	-6	-13	-21	-28	-38	-43	-50	-58	-65	-73	-80
16 to 19	20	0	-8	-16	-23	-32	-39	-48	-56	-64	-72	-80	-88
20 to 23	25	-1	-9	-18	-26	-34	-42	-51	-59	-67	-76	-84	-92
24 to 28	30	-2	-11	-19	-28	-36	-44	-53	-62	-70	-78	-87	-96
29 to 32	35	-3	-12	-20	-29	-37	-46	-55	-64	-72	-81	-90	-98
33 to 36	40	-3	-12	-21	-29	-38	-47	-56	-65	-74	-83	-92	-100
Winds above		LITTLE DANGER			INCREASING DANGER				GREAT DANGER				
36 kts have					Flesh may freeze within 1 minute				Flesh may freeze within 30 seconds				
little additional													
effect		DANGER OF FREEZING EXPOSED FLESH FOR PROPERLY CLOTHED PERSONS											

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11 to 15	15	2	-6	-13	-21	-28	-38	-43	-50	-58	-65	-73	-80
16 to 19	20	0	-8	-16	-23	-32	-39	-48	-56	-64	-72	-80	-88
20 to 23	25	-1	-9	-18	-26	-34	-42	-51	-59	-67	-76	-84	-92
24 to 28	30	-2	-11	-19	-28	-36	-44	-53	-62	-70	-78	-87	-96
29 to 32	35	-3	-12	-20	-29	-37	-46	-55	-64	-72	-81	-90	-98
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# COLD WEATHER HAZARDS

- DEHYDRATION

- LOSS OF BODY WATER THROUGH SWEATING OR VOIDING
- DEHYDRATION CAN CAUSE SERIOUS PHYSICAL PROBLEMS AND MAKE YOU MORE SUSCEPTIBLE TO OTHER PROBLEMS SUCH AS FROSTBITE
- BY THE TIME YOU FEEL THIRSTY YOU ARE ALREADY DEHYDRATED
- **MAKE SURE YOU DRINK PLEANTY OF USEFUL LIQUIDS TO PREVENT DEHYDRATION**



# COLD WEATHER HAZARDS

- **HYPOTHERMIA**-THE LOWERING OF THE BODY'S INNER CORE TEMPERATURE. BODY LOSES HEAT FASTER THAN IT CAN GENERATE IT.

- **COUNTERMEASURES**

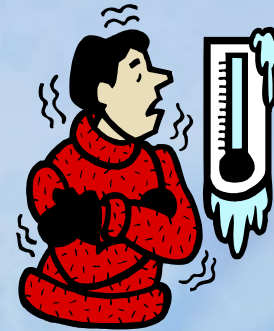
- ▮ **STAY PHYSICALLY FIT**

- ▮ **KEEP ACTIVE**

- ▮ **WEAR CLOTHES PROPERLY AND KEEP THEM DRY (WET CLOTHES=COLDER)**

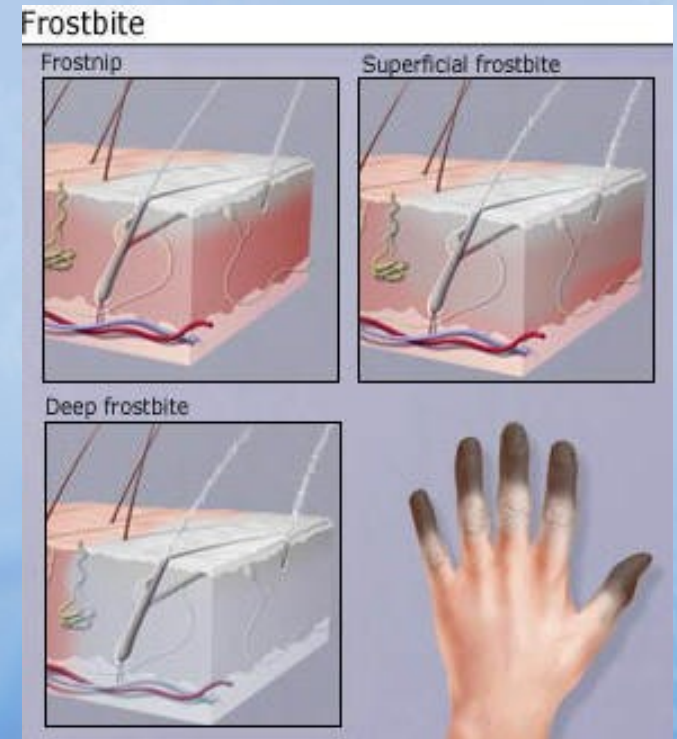
- ▮ **EAT PROPERLY AND OFTEN**

- ▮ **DRINK AT LEAST 3.5 QUARTS OF WATER PER DAY**



# COLD WEATHER HAZARDS

- **FROSTBITE-RESULTS WHEN TISSUES FREEZE FROM EXPOSURE TO TEMPERATURES BELOW 32° F. THE DEGREE OF INJURY DEPENDS UPON THE WIND CHILL FACTOR, LENGTH OF EXPOSURE TIME, AND PROPER PROTECTION.**



# **COLD WEATHER HAZARDS**

- **FROSTBITE COUNTERMEASURES**

- ▮ **DO NOT WEAR TIGHT BOOTS AND SOCKS.**
- ▮ **USE THE “BUDDY SYSTEM” TO CHECK EXPOSED AREAS.**
- ▮ **CARRY EXTRA SOCKS AND MITTEN LINERS.**
- ▮ **DO NOT STAY STILL FOR LONG PERIODS.**
- ▮ **BE AWARE OF THE WIND CHILL FACTOR**
- ▮ **WATCH YOUR CHILDREN FOR SYMPTOMS  
OF FROSTBITE!**

# **COLD WEATHER HAZARDS**

- **CARBON MONOXIDE POISONING** -Carbon Monoxide an invisible, odorless, colorless gas created when fuels (such as gasoline, wood, coal, natural gas, propane, oil, and methane) burn incompletely. The possibility for poisoning exists whenever a stove, fire, gasoline heater, or internal combustion engine is used indoors.

## ***SYMPTOMS***

- ☐ **Headache, dizziness, confusion, yawning, weariness, nausea, and ringing in the ears.**
- ☐ **Bright red color on lips and skin.**
- ☐ **Victim may become drowsy and collapse suddenly.**

**IF PERSONNEL ARE FOUND UNCONSCIOUS IN AN  
ENCLOSED SHELTER, CARBON MONOXIDE  
POISONING SHOULD BE SUSPECTED**

# **COLD WEATHER HAZARDS**

- **CARBON MONOXIDE POISONING**
  - **RULE # 1 - ALWAYS MOVE VICTIMS TO FRESH AIR BEFORE WORKING ON THEM - DON'T BECOME A VICTIM YOURSELF!!**
  - **IF THE VICTIM IS NOT BREATHING, ADMINISTER MOUTH TO MOUTH RESUSITATION, AND CPR AS NEEDED.**
  - **GET MEDICAL ASSISTANCE.**

**BOTTOM LINE: ONLY USE HEATERS IN WELL VENTILATED AREAS!!**

# **WINTER PHYSICAL SAFETY**

- **AVOID ICE PATCHES WHEN WALKING**
- **WEAR WARM, BRIGHT, CLOTHING**
- **DO NOT OVEREXERT YOURSELF WHEN SHOVELING SNOW (SPRAINS, STRAINS, HEART ATTACKS)**



# WINTER RECREATION SAFETY

- THINK SAFETY WHEN PLANNING YOUR ACTIVITIES
- GET IN SHAPE AND KNOW YOUR LIMIT!!



# WINTER RECREATION SAFETY

## Obtain proper equipment.

- Be sure to have your ski/snowboard bindings adjusted correctly.
- When buying skiwear, look for :
  - Water and wind-resistant fabrics
  - Wind flaps to shield zippers
  - Snug cuffs at wrists and ankles
  - Collars that can be closed to the chin
- WEAR A SKI HELMET!!
- CHILDREN SHOULD ALWAYS WEAR SKI HELMETS!!



# WINTER RECREATION SAFETY

## Dress in layers.

- Layering allows you to accommodate your body's constantly changing temperature
- Dress in polypropylene underwear, which feels good, dries quickly, absorbs sweat and keeps you warm
- Wear a turtleneck, sweater and jacket



# WINTER RECREATION SAFETY

## **Be prepared.**

- **Mother Nature is unpredictable**
- **Bring a headband/hat**
- **60 percent of heat-loss is through the head**
- **Wear proper gloves/mittens**



# WINTER RECREATION SAFETY

- **WEAR SUN PROTECTION. (SUNLIGHT REFLECTS OFF OF THE SNOW, EVEN ON CLOUDY DAYS)**
- **ALWAYS WEAR EYE PROTECTION. (SUNGLASSES/GOGGLES)**
- **SKIING AND SNOWBOARDING REQUIRE A MENTAL AND PHYSICAL PRESENCE. (SIDE STEP/WALK DOWN SLOPES BEYOND YOUR ABILITY)**



# WINTER RECREATION SAFETY

- **DRINK PLEANTY OF WATER TO PREVENT DEHYDRATION.**
- **CURB ALCOHOL CONSUMPTION. SKIING AND SNOWBOARDING DO NOT MIX WELL WITH ALCOHOL OR DRUGS.**
- **KNOW YOUR LIMITS- AND STOP BEFORE YOU BECOME FATIGUED.**

# WINTER RECREATION SAFETY

## **TAKE A LESSON.**

- **To become a good skier/snowboarder  
- take a lesson from a qualified  
instructor**
- **The key to successful  
skiing/snowboarding is: CONTROL**

## **Be Aware of:**

- **- Your technique**
- **- Terrain**
- **- Skiers/snowboarders around you**
- **- Snow conditions and changes**

# WINTER RECREATION SAFETY

## ICE FACTS

- **Snow can insulate ice and keep it strong or insulate it to keep it from melting**
- **Snow can also hide cracked, weak spots, and open water areas**
- **Slush is a danger sign - It indicates weak/deteriorated ice, not freezing from the bottom**
- **Never check ice or rescue a victim alone - you could go from rescuer to victim very quickly. Get help!**
- **Always check the ice before going out on it - and ALWAYS Skate with a buddy!**

**NEVER ASSUME ICE IS SOLID!!!!**

# WINTER RECREATION SAFETY

## RUNNING/JOGGING

- **Pedestrian traffic rules apply - Stop for red lights and cross at intersections or crosswalks**
- **Wear light-colored clothing and reflective vest, when running in the early morning, at dusk, or at night**
- **Don't run in a snow storm, or on icy surfaces - e.g. during road conditions red and black.**



# **WINTER RECREATION SAFETY**

## **RUNNING/JOGGING**

- **Keep alert and watch for hazards**
- **Army Regulations prohibit the use of headphones and earphones ON POST while walking, jogging, skating or bicycling**
- **Let someone know your jogging route, and when you expect to return**



# **WINTER RECREATION SAFETY**

- **Dress right/wear protective equipment**
- **Ensure equipment/gear is in good condition**
- **Know the hazards of the activity**
- **Know your personal limits**
- **Follow established activity safety rules**

# FIRE SAFETY

- **Cooking Fires** are the number one cause of home fires and home fire injuries. Never leave cooking food unattended
- **Heating equipment** is a leading cause of home fires during the months of December, January and February, and trails only cooking equipment in home fires year-round.
- Remember that a **candle** is an open flame. It can easily ignite any combustible nearby.
- **Smoking materials** (i.e., cigarettes, cigars, pipes, etc.) are the leading cause of fire deaths in the United States. Roughly one of every four fire deaths in 2003 was attributed to smoking materials.
- Make sure you have a fire extinguisher and know how to use it. Test your smoke alarms on a regular basis.
- Information provided by the National Fire Protection Agency. Please click on the attached link for more information.  
<http://www.nfpa.org/categoryList.asp?categoryID=246&URL=Research%20&%20Reports/Fact%20sheets/Home%20safety>



# **USE THE COMPOSITE RISK MANAGEMENT PROCESS TO PLAN SAFE ACTIVITIES**

- **IDENTIFY THE HAZARD**
- **ASSESS THE HAZARD**
- **MAKE A RISK DECISION**
- **IMPLEMENT CONTROLS**
- **SUPERVISE**

# ★ WINTER SAFETY

THINK BEFORE YOU DO.....

AND PLAN FOR THE UNEXPECTED.....

